



State of the Study

Dr. Herman A. Taylor, Jr.



We met on June 2nd of 2012 at the Annual Community Monitoring Board Meeting of the Jackson Heart Study (JHS)—an annual event in which we report to interested members of the JHS and other members of the community about the progress of the Study and get their questions and feedback about the Study's progress and where we are headed. We entitled the talk *"Reflections and Renewal: Where Do We Go From Here?"* We went back into the history of the JHS and redefined for everybody present exactly what the JHS is, restating the definition of what we are all about and where we are going. We are a longitudinal study started in 1998 in concept and in actual recruitment in 2000 through 2004. Those four years marked the recruitment of 5301 individuals to participate in a landmark study of cardiovascular disease in African Americans. Since that time, we have had great participation.

We have gone through two complete cycles of examinations and now we are about to enter into the last seven months of the third round. We also, simultaneously, are applying for renewal. This is a very exciting and busy time.

In addition to the continuation of the exams, we celebrate the launch of four new studies in areas of sleep, vascular (blood vessel) health, health promotion and an

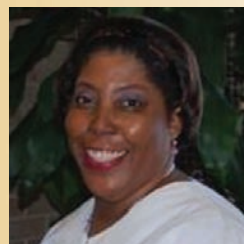
exciting children's study that involves children and grandchildren of participants of the JHS ages 12–19. The JHS Kids Study is currently a pilot study but we anticipate with good outcomes perhaps expanding this to an even larger and more important study.

The participants came out on Saturday, June 2, 2012, once again showing their extremely high level of support to this endeavor. Again, as I stated to them, we call it the Jackson Heart "Study." It is known as a Study; but, it is actually a lot more than a scientific endeavor. We are training young people to lead the nation in years to come with regards to resolving health disparities and improving the health status of all groups of Americans.

We are building research capacity at the three Jackson institutions: Jackson State University, Tougaloo College and The University of Mississippi Medical Center with a particular eye toward lifting the health status of populations that are currently experiencing the negative side of health disparities. There is so much excitement about the JHS and its future that we here are more in the attitude of celebration that we have come this far and we are looking forward to the future. We envision continued growth and to expansion and discovery as we and our scientific partners from around the country and beyond continue to work on this bedeviling problem of health disparities. Thank you for your interest and support and please stay tuned for more from the JHS.

Salute to the JHS Clinic Staff

Debra Douglas, LMSW



As the third exam will soon conclude, the efforts of the JHS clinic staff are valued beyond estimation. We salute the contributions of the staff LPNs

(Patricia Hayes, Estella

White, Tammy Lewis and Cora Champion), staff RNs (Patricia Beverly and Jeraline Sims), Lab Technicians (Beverly Brown and Sheila Smith), Administrative Staff (Gerldean Davis, Shirley Forbes, Chrishanda Hunter and Stephanie Thompson) and Data



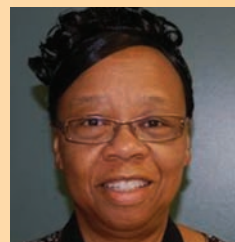
Manager (Micheline Brock). Were it not for the current and previous clinic staff working to contact participants, perform exams, conduct interviews, collect blood and urine samples and assist participants, there would be no data to analyze, write about or publish.

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Salute to the JHS Clinic Staff, continued from page 1

Exam 3 has been extended through January 31, 2013, and MRIs have been extended through December 31, 2012. An extended Exam 3 and MRI schedule for appointments will be announced by Dr. Herman A. Taylor, Jr., JHS Director and Principal Investigator. The JHS Clinic Social Worker, Debra Douglas, will continue to be available to provide social service assistance to any participant who needs resource information or referral. Participants can call the clinic during regular business hours, Monday through Friday at 601-815-5050 to schedule clinic appointments.

Once again, hats off to the Exam Center staff for their hard work, dedication and tireless efforts! The friendly and



professional clinic staff members helped to meet the goals of the study and made it a success. Under the leadership of Clinic Manager, Mary Crump, these unsung heroes helped to make medical history and their contributions will never be forgotten.

Lay Summary: "Relative Deprivation and Cardiovascular Risk Factors Among African Americans in the Jackson Heart Study"

Malavika A. Subramanyam, Ana V. Diez-Roux, DeMarc A. Hickson, Samson Y. Gebreab

The term "relative social status" means the social status of one person has been compared to the social status of other people. Previously, researchers found that the social status of a person is associated with several health outcomes from risk factors of heart disease. One of the ways the relative social status is measured for income is by the general idea of "relative deprivation." The relative deprivation in income measures the difference of the income of one individual to the higher incomes of other individuals. The group of people that an individual may compare his/her own income to is called the "reference group." These researchers studied whether the relationship between the "relative deprivation" income and

the heart disease risk factors were associated in the Jackson Heart Study (JHS) after considering the influence of social status which included income, education and occupation. The heart disease risk factors studied included perceived stress, anger, symptoms of depression, smoking, waist size, insulin resistance, diabetes and high blood pressure. The researchers found that the higher levels of "relative deprivation" were linked with higher levels of heart disease risk factors. Their research suggested that in addition to absolute levels of socioeconomic status such as income, the risk of heart disease among African Americans may be influenced by the relative socioeconomic status.

Derived from Manuscript Proposal #0305

Heart Healthy Home Cooking: Soul Food Makeover

Vegetable Stew Recipe

- 3 cups water
- 1 cube vegetable bouillon, *low sodium*
- 2 cups white potatoes, *cut in 2-inch strips*
- 2 cups carrots, *sliced*
- 4 cups summer squash, *cut in 1-inch squares*
- 1 cup summer squash, *cut in 4 chunks*
- 1 15-ounce can sweet corn, *rinsed and drained* **OR** 2 ears fresh corn, *1½ cups*
- 1 teaspoon thyme
- 2 cloves garlic, *minced*
- 1 stalk scallion, *chopped*
- ½ small hot pepper, *chopped*
- 1 cup onion, *coarsely chopped*

- 1 cup tomatoes, *diced*

Note: You can add other favorite vegetables such as broccoli and cauliflower.

1. Heat water and bouillon in large pot and bring to a boil.
2. Add potatoes and carrots and simmer for 5 minutes.
3. Cut the corn off the cob.
4. Add remaining ingredients, except for tomatoes, and continue cooking for 15 minutes over medium heat.
5. Remove 4 chunks of squash and purée in blender.
6. Return puréed mixture to pot and let cook for 10 minutes more.
7. Add tomatoes and cook for another 5 minutes.
8. Remove from heat and let sit for 10

minutes to allow stew to thicken.

(Makes 8 servings)

Serving size: 1¼ cup

- Calories 119
- Total Fat 1 g
- Saturated Fat 0 g
- Cholesterol 0 mg
- Sodium 196 mg
- Total Fiber 4 g
- Protein 4 g
- Carbohydrates 27 g
- Potassium 524 mg

Source: Heart Healthy Home Cooking African American Style: With Every Heartbeat Is Life. Retrieved from www.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.pdf Revised May 2008.

JHS Bulletin Board

♥ **Exam 3 has been extended until January 31, 2013.**

JHS participants, call the Exam Center at (601) 815-5050 to schedule your clinic appointment.

♥ **Jackson Heart Study Annual Family Reunion: September 22, 2012**

♥ **Upcoming Health Fairs**

■ Pilgrim Rest M.B. Church, Madison, MS: **August 4, 2012**

■ Community Health Advisors, Jackson Medical Mall: **August 18, 2012**

■ Greater Mt. Calvary M.B. Church, 1400 Robinson Rd., Jackson, MS: **Aug. 25, 2012**

For HEALTH FAIRS in your area, call Mrs. Darcel Thigpen-Odom at (601) 979-8709.

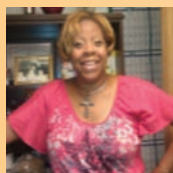
♥ **Metro Jackson Heart Walk: Sunday, September 30, 2012.** For more information, call Brooke Beard at (601) 321-1208 or email brooke.beard@heart.org

♥ **Urgent that we hear from YOU: This is your Newsletter and you have a voice.** Send an article, a healthy recipe, a story, a picture, a poem, a comment or suggestion or you may want to ask a question about the study. Email your articles, suggestions, comments and questions to lavon.young@jsums.edu or call Lavon Young at the Jackson Heart Study (601) 979-8700.

♥ **Need help** with obtaining information on housing, medical and/or social services? Contact JHS Social Worker, Mrs. Debra Douglas, at (601) 815-1101. She will be happy to assist you!

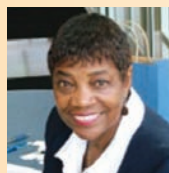
♥ **Concerned about your test results and want to discuss them with someone?** Contact our Clinic Manager, Mrs. Mary Crump at (601) 979-8762.

Congratulations!



Darcel Odom, longtime employee of the Jackson Heart Study (JHS), was recently promoted to Health Education Specialist. As the Health Education Specialist,

Darcel will now have responsibility for the 5 JHS CHA groups, community-based health education promotion activities, community trainings and collaborations. She brings new energy and innovative ideas to the position!



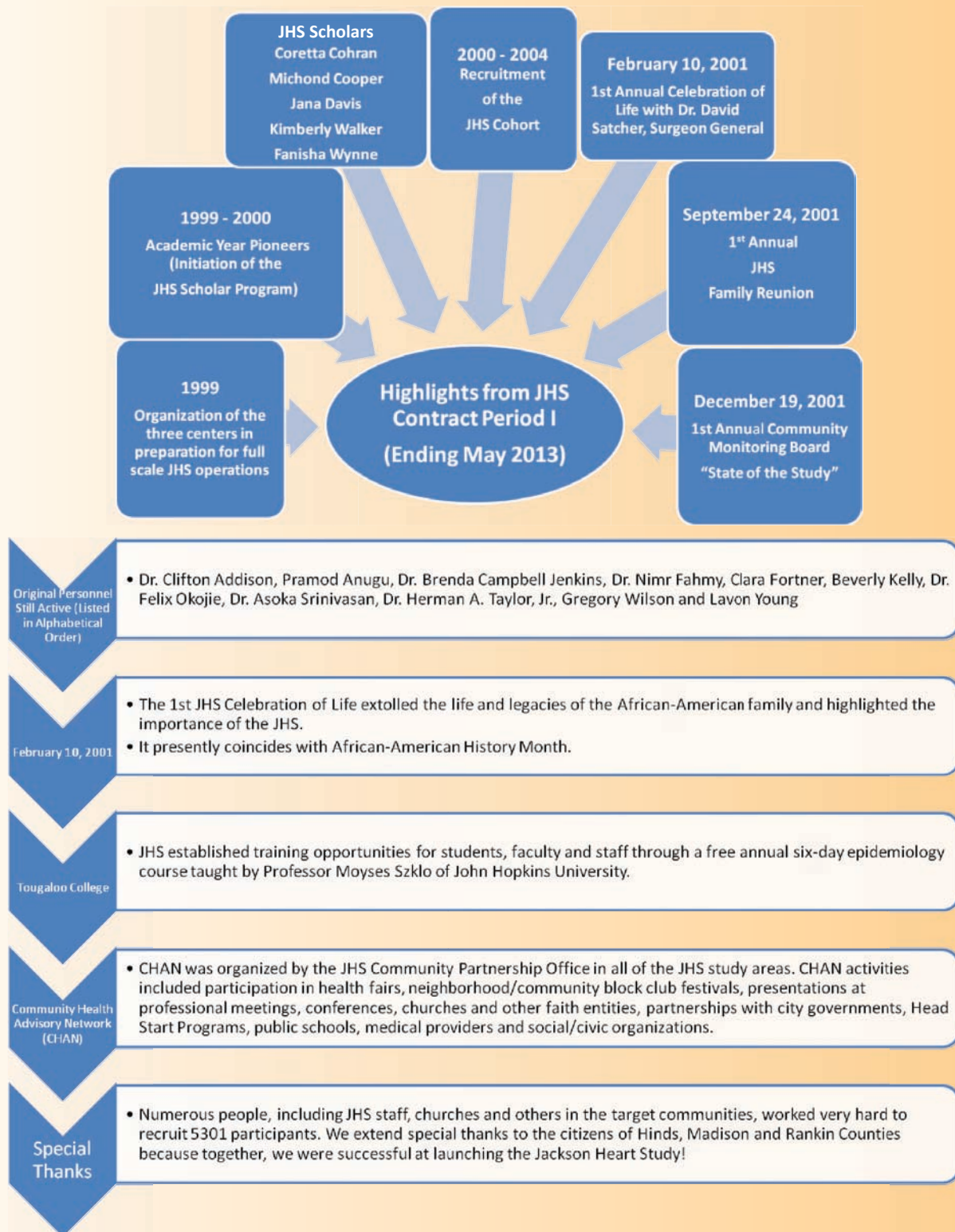
Alice M. Smith, MPH, previously employed as a Research Assistant with the Community Partnership Outreach Office on an ancillary study, "*Returning Individual Genetic Results to Participants in Cohort*

Studies," was recently hired as a Community Outreach Specialist. She brings with her a wealth of experiences and knowledge about the JHS community, grantsmanship and medical writing. She is completing her Doctor of Public Health (DrPH) at Jackson State University.

Accomplishments of JHS Contract Period I Dr. Clifton Addison

The Jackson Heart Study (JHS) began in September 2000 and is scheduled to conclude Exam 3 on January 31, 2013. During the past twelve years, we have witnessed many milestones that have established our place in history as the largest epidemiological study of its kind ever conducted in a cohort of African Americans. The claim that the JHS is one of the most important research studies in recent memory has been solidified. The JHS is the largest study in history in the United States to investigate the inherited (genetic) factors that affect high blood pressure, heart disease, strokes, diabetes and other important diseases in African Americans. Results from the

JHS are expected to lead to the development of improved treatments and improved quality of life. The JHS Heartbeat Newsletter has an important role of highlighting JHS findings, accomplishments, and general health promotion information to the community. It was initiated to serve as a vehicle to enhance health awareness and understanding among the community by presenting research findings on cardiovascular disease, hypertension, strokes, cholesterol, physical activity and nutrition. Additionally, the Newsletter facilitates communication among the JHS staff, investigators, cohort members, contractors and the extended JHS family.



Celebration of Life 2012

Mrs. Clara Fortner

The Jackson Heart Study (JHS) Community Partnership Office hosted its 12th Annual Celebration of Life (COL) with the theme “*Collaborating to Eliminate Health Disparities*” on Saturday, February 25, 2012. Approximately 110 people attended the COL held in The University of Mississippi Medical Center Conference Center Auditorium. High blood pressure, cholesterol and glucose screenings were conducted.



The guest speaker was Dr. Evelyn Ricks Walker, former National Heart, Lung, and Blood Institute (NHLBI) JHS Field Site Director. Currently, she is the Medical Director at the Mississippi State Department of Health’s (MSDH) Office of Disparities Elimination and Preventive Health. Her responsibilities include bridging the identification and awareness

of Mississippi’s health disparity issues with health promotion and disease prevention and implementation of programs that contribute to disparity elimination. Dr. Walker provided an overview of some of the community-based programs administered by the MSDH. She suggested a shared evaluation initiative with the JHS to determine the effectiveness of some of those programs in either preventing or eliminating health disparities.



Ms. Cheryl Nelson, the NHLBI Project Officer for the JHS, was also present at COL 2012. She provides guidance and assistance in the conduct of the JHS, a landmark research project that addresses many issues in cardiovascular disease in African Americans.



Dr. Irish Patrick-Williams (middle front row) and Hinds Community College Nursing Students



It’s a Celebration!

Dr. Donna Antoine-LaVigne

Jackson Heart Study (JHS) celebrated its 11th Community Monitoring Board Meeting on Saturday June 2, 2012. The theme for this year’s event was appropriately entitled “*Reflections and Renewal: Where Do We Go From Here?*” The JHS now stands on the precipice of change and growth. We have an opportunity to utilize the knowledge gained over the past years to move us into an unprecedented future! Approximately 100 community guests and participants joined us at the University of Mississippi of Medical Center (UMMC) Conference Center in the Jackson Medical Mall to hear the latest news shared by Dr. Herman A. Taylor, Jr. in his Annual “*State of the Study*.” He reminded participants to return for their 3rd Exam and that the exam cycle has been extended until January 31, 2013. More about the “*State of the Study*” is presented in *In the Director’s Corner* of this Newsletter.

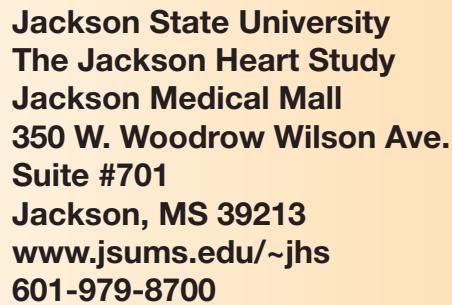
Television Station WJSU 23 (Jackson State University) and the UMMC Multimedia Services were on hand to record this milestone event. Community members, participants, JHS Community Health Advisors (CHAs), and JHS staff and investigators were interviewed. Stay tuned to WJSU TV-23 for more information on the JHS.

Mrs. Tommie Winters, President of the Clinton CHAs and Mrs. Bobby Jean Jones, President of the Canton CHAs, shared some of their experiences as JHS CHAs. Over the years, the CHAs were involved in planning and implementing community-based health fairs and walks, and disseminating health promotion education materials. The CHAs’ presentations ended with Mrs. Winters surprising former JHS Health Education Specialist, Cynthia Dorsey Smith, with an award commemorating her 11 outstanding years of work with the JHS Community Health Advisor Network (CHAN). Needless to say, Cynthia was pleased!



Congratulations Cynthia!





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The JHS Heartbeat Newsletter is published semi-annually. Its intent is to enhance health awareness and provide an understanding of cardiovascular related diseases including diabetes, hypertension, strokes, cholesterol, physical activity and nutrition through research findings, articles, lay summaries and reviews. The newsletter also facilitates communication among the JHS staff and collaboration with investigators, cohort members and partnering institutions.

Request for information is being solicited for the upcoming issues of the JHS Heartbeat Newsletter. The submission deadline for the Summer Edition is March 15 and the Winter Edition is September 15.

Submissions should be approximately 250 words or less. Relevant pictures, illustrations and/or charts may be submitted with the articles. Information regarding upcoming educational conferences and/or meetings is also requested. All material information is subject to copyediting. Include the author/agency's full name, credentials, mailing address and website (if applicable), telephone and fax number and email address. The use of all photos is subject to consent approval. All information should be emailed to Dr. Brenda Jenkins at brenda.w.campbell@jsums.edu or mailed to JHS Heartbeat Newsletter, 350 W. Woodrow Wilson Drive, Suite 701, Jackson, MS 39213.

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